

Kidney Disease (AK 35-USDA 346)

Explain to Participant

You're enrolled in the WIC program today because of your kidney problems. Kidney problems may cause problems during your pregnancy and there is a high risk of developing a preeclampsia-like condition. Kidney disease can result in growth failure in children and infants.

Goal

The goal is to promote making good food choices of high nutritional quality and to control your kidney disease.

Suggestions for Reducing Risk

Follow the recommendations of your health care provider.
See your doctor regularly to monitor your pregnancy and your baby's growth.
Refer to a Registered Dietitian (RD).
Explain the nutrition education material suggested.
Eat a variety of foods from all the food groups every day.
Drink 8 glasses of water every day.

Nutrition Education Material Suggested

Using the Dietary Guidelines For Americans...for good health

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein
Iron Fortified Infant Formula	Calcium, Vitamin A & C, Protein, Iron
Iron Fortified Infant Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.

Iron Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.

Vitamin C Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.

Protein Makes up part of every cell in your body. Builds and maintains muscles and other tissues.

Vitamin A Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information